

FRG Newsletter

HHC, 18th Medcom & 121 General Hospital



Vol. I Issue I

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WELCOME TO OUR FRG!

Living in Korea is an overwhelming yet wonderful experience. Most of us are away from our families doing what we so proudly do; serving our country. Having an extended family that keeps us involved with our newly founded community and unit is imperative to your family life and most importantly your mission at hand. Knowing that your family has people they can rely on wherever you are is a piece of mind worth having! To maintain this aspect of Military life, the family readiness group was created. The HHC, 18th MEDCOM and 121st GH FRG is here to be a conduit that provides factual, timely and reliable information to family mem-



Gloria Fabia
FRG Leader

bers, provide support and assistance to all members of the FRG and act as a link to community resources. As the FRG leader, I am here to encourage you to get involved, support and participate in our FRG. We have several upcoming events to include an Easter Egg Hunt and barbeque on April 8th that you are invited to. Come enjoy the sunshine, meet and greet newly arrived families and enjoy the wonderful time that we have with our families!! Thank you for your support and please feel free to contact me!

Gloria Fabia
011-9977-0148

Our next big event coming up is our Easter Egg Hunt and Barbeque. The event will take place on Saturday, April 8th from 11am to 3pm at Picnic

UPCOMING EVENT

Areas 1 & 2. We will be holding Easter egg hunts for all children ages 12 and under. Each child will also receive a "party" bag and have a chance to have their picture taken with the Easter Bunny, play Easter Egg Volleyball, and hit a pinata! We'd love for everyone to come out and support our FRG. It's going to be a blast! Hope to see you there!



Want to get more involved in our FRG?

Become a committee member!

We still have three chair positions open: Events Chair, Fund-raising Chair and Secretary. If this sounds like something you'd be interested in please let us know...we'd love your help!

COMMANDERS' CORNER

The FRG: Who We Are and What We Provide



CPT Fabia
HHC, 18th Medcom

As family members, Soldiers and civilian employees embark on a PCS move to Korea it can be quite overwhelming. The joint HHC, 18th MEDCOM and 121st GH Family Readiness Group was created to share a common goal that together provides an avenue of mutual support and assistance among the family members, the chain of command and link to community resources. With that in mind, the FRG is a command-sponsored organization consisting primarily of volunteers that will enhance the flow of information, provide practical tools for adjusting to military separations, and enhance the well-being and esprit de corps within the unit. The FRG also provides feedback to the command on the state of the unit "family".

Since one of the goals of our FRG is to support the military mission through provision of support, outreach, and information to family members, I am proud to be a part of this first publication of the FRG Newsletter. This milestone will serve as a building block for the road ahead of the HHC, 18th MEDCOM and 121st GH Family Readiness Group partnership with the community.

To the FRG Committee and volunteers: I would like to express my sincere thanks for those who contribute and participate in the FRG. Your diligence and talent make us all proud to serve and belong to this organization.



CPT Hansen
HHC, 121st GH

First of all I want to thank Mrs. Jackman and Mrs. Fabia for working hard and putting the first combined FRG news letter together. I was I asked to write some comments and I want to reflect on 121st firsts.

I went to MSG Brown's retirement ceremony and learned that she was the Army's first black female Soldier attached to a Field Artillery Unit. Many people spoke about the many contributions this great NCO has made, more importantly however, is the huge impact she had made in so many lives. She strengthened my belief that it takes only one person to make a difference and only one inspiration to change history. I always knew there was something more to her than what she tells me. Then again, real every day heroes don't go around boasting and beating their chests. They simply pick up the load and do their job. That's why I am privileged to say that I served with her. I can only hope to make half the impact as she has done in the 26 years of service to our country in uniform.

There are too many things to mention on the first combined FRG News letter. I could have mentioned that we raised twice the amount of money for CFC and earned the bronze plaque as a unit, FPU class has taught over 40 individuals in the AREA II to save and invest their earnings, over 140 Soldiers signed up for educational classes this semester, Maintenance team advanced to the top four DA selections, our unit has developed and prepared for transition to hostilities, the basketball team won area II championship, and we have celebrated different ethnicities every month! I know there were many numerous other great things I have failed to have mentioned but people do notice and you do make a difference. So continue to go forth and do great things.

Benefits of having a Family Readiness Group (FRG)

1 FRG helps families be more self-reliant.

2 FRG promotes better use of community resources.

3 FRG is a conduit for friendships.

4 FRG builds cohesion and morale.

5 FRG is a conduit for information.

6 FRG improves families' ability to cope with separation.

7 FRG integrates new soldiers and families into the unit and Army family.

8 FRG enables soldiers to focus on their mission.

9 FRG provides opportunities to do fun things together.

10 FRG provides opportunities to help others.

You too can volunteer and get involved with your Family Readiness Group!



The Valentine's Day Bake Sale was a huge hit. We earned \$630! Thanks to all those who helped out and supported our FRG!

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121st GH soldiers train for the Dragon Challenge. They earned second place in their category.



At our last meeting, SFC Patete gave us a quick rundown of all the family services the Legal Office has to offer.

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HHC, 18th Medcom soldiers having fun during a monthly morale run.



Bill Morrison talked about the benefits of attending the 7 Habits of Highly Effective Families program.

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CLOSING REMARKS FROM COLONEL ALLGOOD

For over fifty years, for a variety of reasons, Family Readiness Groups were not considered to be important in Korea. The conditions which led to that dynamic are no longer true. Family readiness and FRGs are extremely important - to both families supporting Soldiers in Korea and as an integral part of the readiness of the 18th MEDCOM. We aren't truly ready to execute our mission if we aren't confident our families are cared for properly and ready for any contingency.



COL Allgood
Commander,
18th MEDCOM

Families, whether in Korea or in the continental United States, need to be informed about what is going on within the command and need to have a viable, concerned, involved, and reachable support network. 121 GH and HHC, 18th MEDCOM commanders have done a great job conducting the important work to move forward in a combined

effort in this arena. I want to express my personal thanks to Gloria Fabia for the personal sacrifice and commitment she has demonstrated in supporting the family readiness effort - she embodies everything that is good about serving our country as members of the U.S. Army. I also appreciate all of those who have volunteered their personal time to support this effort. Active participation is extremely important by all members of the Command. The only way we can meet your needs is to hear your voice, concerns, and recommendations. The leadership is absolutely committed to supporting families and their Soldiers- you owe it to your family to become actively involved. You owe it to everyone to let us know how we can serve you better.

Upcoming Events

FRG Meeting

Mar 15

121st GH Unit Bowling Party

Mar 30

ACS Family Fun Walk n Run

Apr 1

FRG Committee Meeting

Apr 4

FRG Easter Egg Hunt & Barbeque

Apr 8

FRG Meeting

Apr TBA

March 2006

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April 2006

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